

臺北市立大學

學生出國研修心得報告

獲補助年度：114-1

研修領域：History and Geography

系所、年級：歷史與地理學系五年級

學生姓名：劉昀鑫

研修國家：Italy

研修學校(中英文)：義大利西恩納大學 University of Siena
universita di Siena

研修時間：中華民國 114 年 10 月 1 日至 115 年 2 月 28 日

國外研修成績：25/30

短片時間及標題：

中華民國 115 年 4 月 8 日

*(非亞洲地區交換同學請以英文撰寫報告)

Table of Contents

I. MOTIVATION	1
II. ABOUT UNIVERSITY OF SIENA (UNIVERSITA DI SIENA)	1
<i>III. Academic Life & Learning</i>	<i>2</i>
<i>IV. Extracurricular Life & Daily Living</i>	<i>2</i>
V. SPECIFIC BENEFITS	3
VI. Final Thoughts and Recommendations	4

I. Motivation

Initially, I decided to apply for an exchange program because I didn't plan on pursuing a master's degree or studying abroad long-term. I simply wanted to explore the world before finishing my undergraduate studies.

While Japan was my original choice, I changed my mind after attending the information session. Hearing a fellow student share their positive experiences in the Czech Republic made me realize that Europe wasn't as daunting or 'dangerous' as I had imagined. This encouraged me to apply for European universities, and through the selection process, I was ultimately placed at the University of Siena in Italy.

II. About University of Siena (universita di Siena)

The University of Siena is located in Tuscany, Italy, and was founded in the 13th century. Since the entire town of Siena has developed since the Middle Ages, the university is very ancient and carries a lot of history.

The university is divided into several main campuses, such as Economics, Humanities and Communication, Medicine, and Political Science. They offer courses in both English and Italian, but the English options are a bit more limited. However, as an exchange student, you aren't restricted to a specific department, so you can take classes from different faculties. This flexibility is a great way to explore different subjects.

III. Academic Life & Learning

During my exchange, I took two courses: Marketing and Public Diplomacy and International History. The teaching style in Italy is quite different from what I was used to in Taiwan. Each course typically meets three times a week, with each session lasting two hours.

In the Marketing class, the professor analyzed companies across various industries, focusing on their strengths, weaknesses, and how they identify potential target audiences. We also discussed the specific marketing strategies used to attract these customers.

Public Diplomacy and International History was actually a graduate-level course, but as an exchange student, I was able to enroll. This course primarily focused on the evolving relationships between Taiwan, China, and the United States. We also explored the influence of non-official public figures, such as journalists, in the diplomatic arena.

IV. Extracurricular Life & Daily Living

Exchange students in Europe are often called Erasmus students. There is a student-led organization called ESN (Erasmus Student Network) with branches all over Europe. In Siena, the local ESN is very active and organizes various activities that highlight regional specialties. For example, they've hosted wine tastings, hiking trips through Tuscany, Italian cooking classes, and even two-day trips to Italian beaches. ESN also provides practical support for exchange students, helping with things like housing and transportation.

The biggest challenge of studying in Siena is definitely finding a place to live. Since Siena is a small town, there

are limited rental options, and even fewer landlords are willing to rent to foreigners. I eventually found my apartment through a Chinese real estate agent on 小紅書. My monthly rent was 510 Euros (about 18,000 TWD). Fortunately, the cost of living in Italy is relatively affordable; my other daily expenses averaged around 25,000 TWD per month, as I mostly cooked my own meals.

V. Specific Benefits

1. Gaining a Global Perspective

Meeting students from all over the world was a huge eye-opener. Everyone came with different customs and backgrounds, which naturally led to some culture shocks. However, these experiences made me realize how vast the world truly is. Before this trip, I usually looked at things from my own narrow point of view. But after hearing so many diverse stories and meeting people from different walks of life, I've learned to think from multiple perspectives and embrace a more diverse way of thinking.

2. Becoming More Independent

Before going abroad, I always lived with my family, so my time in Siena was actually my first time handling everything in daily life on my own. I had to learn how to solve problems and stay calm when unexpected things popped up. Honestly, the biggest challenge was having to cook for myself even when I had a cold. It was a tough moment, but it taught me how to truly take care of my own health and be responsible for myself.

VI. 感想與建議(含 3 分鐘短片連結)

Overall Reflections:

I am incredibly grateful to the university for providing me with the opportunity to go on an exchange program to Italy. Beyond experiencing a different teaching style in the classroom, I spent my free time exploring various parts of Europe and witnessing landscapes I had never seen in Asia.

Living in a place is completely different from just traveling there; when you stay long enough, the rhythms of daily life gradually reshape your perspective. I feel truly honored to have experienced such a different way of life in my early twenties.

Advice for Future Students at the University of Siena:

Student Visa: The most important and troublesome part is the visa application. Slots at the Italian Office are extremely hard to book, especially during peak seasons. I highly recommend booking your appointment the moment you confirm your plans, even if the date is close to your departure.

Registration: The University of Siena will send out emails regarding online registration. You can email them if you have questions, but keep in mind that their response time and efficiency can be quite slow. If you have an urgent matter, feel free to contact me directly, and I'll do my best to help.

Safety: While Italy is often stereotyped as having poor safety, Siena is actually quite safe. However, don't let your guard down. If you're walking late at night, I suggest having someone with you. Issues with local teenagers can sometimes be a problem in Europe, so it's always better to be cautious.

具代表性出國交換照片說明(4 張)



Siena' s most famous attractions: Piazza del Compo

The piazza is shaped like a shell. In July and August, it hosts the famous horse race known as the Palio di Siena. On regular days, you'll always see students and tourists sitting on the brick floor of the piazza, soaking up the sun and enjoying the atmosphere.



In October, ESN organized a hiking activity.

We walked 20 kilometers to the neighboring town, Monteriggioni. Along the way, there were many vineyards and olive trees. I went with my Taiwanese friends and an Israeli friend.



Halloween Activities

On October 31st for Halloween, everyone dressed up and went out on the streets. These are my roommates and a German exchange student friend.



Italian Language Courses Provided by the University

The university provides basic Italian language courses divided into two sessions: one lasts for one month, and the other lasts for two months. This is a group photo of our classmates and the teacher on the last day of the course.

Video link:

<https://youtu.be/hxwfgzbBR3Y?si=7UI5HK5OrMSZ-XW6>